

5 A Day Recipes

Side Dishes

Green Vegetables with Sesame-Ginger Dressing

Serves 4

Here's a delicious dish that you can make ahead easily with the microwave. The fresh ginger in the dressing gives a zesty boost to these old favorites.

- 2 cups green beans, cut into two inch pieces (fresh or frozen)
- 2 cups broccoli florets (fresh or frozen)
- ¼ cup water

Sesame-Ginger Dressing:

- 2 tablespoons low sodium soy sauce*
- 1 teaspoon rice wine vinegar*
- ½ teaspoon sesame oil*
- 1 teaspoon honey

Whisk dressing ingredients together. Set aside. Microwave fresh green beans with water in covered bowl on high for 2 to 3 minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for 2 minutes. (If using frozen green beans and/or broccoli, follow microwave directions on packaging.) Drain green beans and broccoli; mix in dressing while still warm. Let vegetables chill in refrigerator until ready to serve (at least 5 to 10 minutes).

Nutritional Analysis

Calories: 42
Fat: 1 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 317 mg

*Available in most grocery stores (usually in the Asian dry goods section).

This is an official 5 A Day recipe, providing two servings of vegetables per person.